

RSC-Healing Moves - Yoga for Every Body (formerly Yoga - Forrest)

Improve your health and handle stress more effectively. Increase balance, flexibility and core strength while improving posture, sleep, breathing and the ability to relax. In this Forrest-style Hatha Yoga class you'll receive personalized instruction, structured breathing exercises and guided deep relaxation, to help you get strong and centered, both on and off the yoga mat. No yoga experience necessary. Bring a yoga mat, strap and yoga block (a set is available for loan for your free first class). Light, or no eating within two hours of class.

Instr: Veronica Connolly-Bagshaw

Loc: Senior Center Room 111

Age: 18+ yrs.....Fee: \$42S/\$42R/\$50N

34817 Thu Sep 8-29 7:30-8:45pm

34818 Thu Oct 6-27 7:30-8:45pm

Age: 18+ yrs.....Fee: \$32S/\$32R/\$38N

34819 Thu Nov 3-17 7:30-8:45pm

34820 Thu Dec 1-15 7:30-8:45pm

RSC-Yoga for Full-Figures

Join us for a unique yoga class designed for those with fuller figures. Don't let your size keep you from experiencing the life enhancing gifts of a consistent yoga program. Viniyoga meets you where you are through the use of modifications and adaptations of poses. It emphasizes linking breath and movement, with a focus on the restorative effects, allowing you to experience the rewards of yoga. Bring a yoga mat or blanket to class; and it's best on an empty stomach.

Instr: Kim Carter

Loc: Senior Center Room 111

Age: 18+ yrs.....Fee: \$50S/\$50R/\$60N

34805 Tue Sep 6-27 6:30-8pm

34806 Tue Oct 4-25 6:30-8pm

Age: 18+ yrs.....Fee: \$38S/\$38R/\$45N

34807 Tue Nov 1-15 6:30-8pm

34808 Tue Nov 29-Dec 13 6:30-8pm



RSC-Yoga from your Chair

If you are interested in yoga but don't have the mobility to get onto the floor, this is the class for you. Based on Hatha Yoga you will increase your flexibility and circulation, improve respiration, and expand your awareness of body, mind and spirit. In only 45 minutes you will enjoy the benefits of a yoga workout that includes: upper body alignment and stretches; leg and ankle flexing; head, face and neck stretches; deep breathing; and a focus on relaxation.

Instr: Diana Piermattei

Loc: Senior Center Room 111

Age: 50+ yrs.....Fee: \$32S/\$32R/\$38N

34688 Fri Sep 9-Oct 28 9:15-10am

Kiderobics

This highly energized dance-like, physical fitness class combines rhythmic aerobic exercise with stretching and strength routines promoting all elements of fitness. Don't be surprised if there is a little Kid Yoga thrown in the mix for flexibility and muscular strength. Performed to fun, upbeat music, it makes you want to get down to warm up and let go to cool down!

Instr: Dana Hein-Skaggs

Loc: Old Redmond Schoolhouse Community Center Room 107

Age: 3-6 yrs.....Fee: \$60R/\$72N

37751 Mon Sep 12-Oct 3 10-11am

37752 Mon Oct 10-31 10-11am

37753 Mon Nov 7-28 10-11am

37754 Wed Sep 7-28 11am-12pm

37755 Wed Oct 5-26 11am-12pm

37756 Wed Nov 2-23 11am-12pm

37757 Wed Nov 30-Dec 21 11am-12pm

Girls on the Run

To register, go to www.girlsrun.org or call 206-528-2118. Priority registration is given to new or one time participants. Girls on the Run is a fun and empowering fitness program for girls ages 8-11 that combines training for a 5k (3.1 mile) run/walk event with self esteem enhancing and uplifting activities and workouts. Class is led by a team of trained female co-coaches that guide and mentor girls through the program. Topics include: body image and the media, dangers of drugs, alcohol and tobacco, making healthy decisions, positive communication, cooperation and team building, and contributing to the community. Participants receive a t-shirt, daily snack, water bottle, and race-entry fee. Space is limited to 15 girls. No class on November 22 and 24.

Instr: TBA

Loc: Old Redmond Schoolhouse Community Center Rm 103-107

Age: 8-11 yrs.....Fee: \$150R

Tue, Thu Sep 27-Dec 6 3:30-5pm

Tue, Thu Sep 27-Dec 6 3:30-5pm

